

## Family Caregivers:

**Do you care for a family member with dementia?**



**Would you like a break to do errands, attend YOUR doctor appointments, exercise, go to lunch with a friend, or just RELAX?**

There are now several "Respite" Programs in Erie County available at **NO CHARGE!**

Trained volunteers provide fun, one-on-one, stimulating, supervised activities including games, crafts, pet therapy, gentle exercise, music/singing and lunch or snacks for your loved one while you take a much deserved break. **ALL** are welcome!

### **FREE Respite Programs for the Memory Impaired in Erie County**

#### **Southtowns:**

##### **1st Wednesday each month**

from 10:30 am - 2:30 pm at

**First United Methodist Church**

**474 East Main St., Springville**

Contact: Pastor Vonnie Vredenburg  
592-7451

##### **2nd Wednesday each month**

from 10:30 am - 2:30 pm at

**Hamburg United Methodist Church**

**116 Union St., Hamburg**

Contact: Lisa Rood 941-5703

##### **3rd Wednesday each month**

from 10:30 am - 2:30 pm at

**Eden United Methodist Church**

**2820 East Church St., Eden**

Contact: Kevin Karstedt 992-2248

##### **4th Wednesday each month**

from 10:30 am - 2:30 pm at

**Baker Memorial United Methodist Church**

**345 Main St., East Aurora**

Contact: Rev. Becky Naber  
652-0500 ext.102

##### **3rd Thursdays each month**

from 10:30 am – 2:30 pm at

**St. David's Episcopal Church**

**3951 Seneca St, West Seneca, NY 14224**

Contact: Barb Bracco 674-4670

#### **Northtowns:**

##### **1st Wednesday each month**

from 10:30 am - 2:30 pm at

**Trinity Old Lutheran Church**

**3445 Sheridan Dr., Amherst**

Contact: Sue Wloch 836-4868

##### **1st Saturday each month**

from 11am – 2 pm

**St. Gregory the Great RC Church**

**200 St. Gregory Ct., Williamsville**

Contact: Lee Zach 688-5678 ext. 339

##### **3rd Monday each month**

from 4:30 pm – 7:30 pm

**Clarence Senior Center**

**4600 Thompson Rd., Clarence**

Contact: Karla Madrid 633-5138

##### **3rd Friday each month**

from 1 pm – 5 pm

**C. Dee Wright Community Ministry Center**

**11 Church St., Akron**

Contact: Judy Lucas 491-2909

*Sponsored by Erie County Senior Services; volunteers are trained by the Alzheimer's Association.  
Please call the contact person for each program to register or for more information.  
**ALL** are welcome to participate in any or all the programs.*